

WELLNESS POLICY

Northern Elementary

2018-2019

Physical fitness and quality health education are essential in educating our youth. Northern Elementary believes in engaging students by growing socially, mentally, emotionally as well as physically. In order to ensure a healthy population our school has developed a wellness policy which will include the following:

- ◆ Northern Elementary students will participate in physical education class on a consistent scheduled basis.
- ◆ *PE/Health will be taught by a certified teacher.*
- ◆ Each student shall receive 150 minutes of physical activity per week.
- ◆ During indoor recess, an age appropriate exercise video/dvd will be available for checkout or teachers may offer an online fitness video.
- ◆ Each student shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity verbally. Some teachers have included a “walking area” for those who have a time-out. Policy Recommendation: Schools should provide at least 20 minutes of recess per day, in addition to physical education. (National Association for Sport and Physical Education. Recess in Elementary Schools;2006).
- ◆ Lack of student recess may not be used in excess as a punishment for student violations.
- ◆ Students may participate in moderate to vigorous physical activity outdoors. The school shall provide space and equipment to make physical activity possible and appealing to students.
 - *Classroom exercise (tapes, CD’s, DVD’s, video’s)
 - *Classroom games that incorporate movement
 - *Organized games or sports (PLVS, Extended PE)
 - *Use of playground and surrounding fields
 - *Playground apparatuses

- ◆ Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.
- ◆ Teachers may integrate physical activity into learning activities. Students may be given periodic breaks during which they are encouraged to stand in classrooms and be moderately active. (Kagan Strategies)
- ◆ Students shall not be deprived of Physical Education class as a consequence for behavior or academic performance in the classroom.
- ◆ All Physical Education classes will be taught by a credentialed teacher, one who has been credentialed by the state, permitting him/her to teach physical education.
- ◆ Our Practical Living curriculum shall address the full Core Content, including health, consumerism, vocational studies, and physical education.
The rest of the curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects.
- ◆ Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available throughout the day.
- ◆ Foods available to students during the day shall meet the guidelines for approved food or drink items. An approved snack list will be available for all staff members and is attached to the policy as exhibit “A”. A list will be sent home with students at the beginning of the year of approved snacks that we would encourage them to send on special parties/occasions, with accommodations made for students with food allergens.
- ◆ Parent lunch visits are always encouraged, but in order to ensure that students receive a nutritious lunch the serving of competitive foods (ie. fast food items) as well as carbonated drink items are prohibited during lunch hours.
- ◆ *The coordinated school health committee has been renamed: Whole School, Whole Community, Whole Child (WSCC). The KDE has approved this change statewide.*

National Standards & Grade-Level Outcomes for K-5 Physical Education

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

To pursue a lifetime of healthful physical activity, a physically literate individual:
Has learned the skills necessary to participate in a variety of physical activities.
Knows the implications of and the benefits from involvement in various types of physical activities.

Participates regularly in physical activity.

Is physically fit.

Values physical activity and its contributions to a healthful lifestyle.

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

National Health Standards:

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Northern Elementary Physical Activity

Students are rotated to a new special class every 3 days for a 12 day rotation schedule.

Grades K-5

45 minutes (PE) every 3 days

x6 days per month

270 minutes per month

All grades: 500 minutes per month of Recess

Grades K-5

270 minutes of PE

+500 minutes of recess

770 minutes of physical activity per month

This does not include any "exercise breaks" that the teacher might take in the classroom.

Wellness Goal

The school will ensure regular opportunities are provided for 100% of students to become literate by practicing the skills embedded in the National Health Education Standards. This will be measured by increased student knowledge of the benefits of proper diet and physical fitness and increased effective educational strategies to improve the physical education program.

